



Grilled Tuna



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



1004 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 pounds tuna steaks ()
- ☐ 1 tablespoon horseradish prepared
- ☐ 4 servings garnish: lemon rind strips
- ☐ 1 tablespoon maple syrup
- ☐ 0.3 cup soya sauce

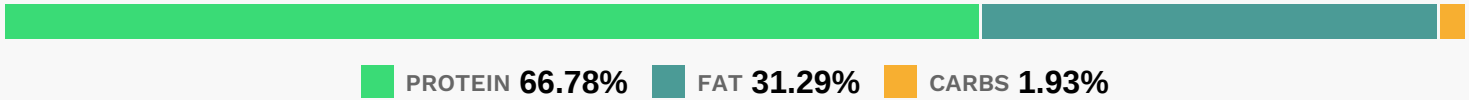
Equipment

- ☐ grill
- ☐ ziploc bags

Directions

- ☐ Combine first 3 ingredients in a heavy-duty zip-top plastic bag; add tuna. Seal and chill 1 hour, turning occasionally.
- ☐ Remove tuna from plastic bag, discard marinade.
- ☐ Grill tuna, covered with grill lid, over high heat (400 to 500 degrees F) for 5 to 7 minutes on each side or to desired degree of doneness.
- ☐ Serve with steamed asparagus.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:21.63, Glycemic Load:1.44, Inflammation Score:-10, Nutrition Score:55.762173768781%

Nutrients (% of daily need)

Calories: 1003.85kcal (50.19%), Fat: 33.38g (51.35%), Saturated Fat: 8.56g (53.48%), Carbohydrates: 4.63g (1.54%), Net Carbohydrates: 4.37g (1.59%), Sugar: 3.55g (3.94%), Cholesterol: 258.55mg (86.18%), Sodium: 1091.53mg (47.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 160.31g (320.61%), Vitamin B12: 64.16µg (1069.34%), Selenium: 248.56µg (355.09%), Vitamin B3: 59.47mg (297.37%), Vitamin A: 14853.06IU (297.06%), Vitamin D: 38.78µg (258.55%), Phosphorus: 1748.22mg (174.82%), Vitamin B6: 3.13mg (156.39%), Vitamin B1: 1.65mg (110.13%), Vitamin B2: 1.79mg (105.55%), Magnesium: 348.09mg (87.02%), Vitamin B5: 7.23mg (72.3%), Potassium: 1766.11mg (50.46%), Vitamin E: 6.8mg (45.37%), Iron: 7.31mg (40.6%), Copper: 0.61mg (30.35%), Zinc: 4.21mg (28.08%), Manganese: 0.29mg (14.71%), Calcium: 65.15mg (6.51%), Folate: 18.38µg (4.6%), Vitamin C: 1.19mg (1.44%), Fiber: 0.26g (1.04%)